

Weekly Activities at the Merchant Street Hub

Bow Road Methodist Church, 1 Merchant Street, Bow, E3 4LY

0208 981 7124, Ext. 3, Option 1

www.ageuk.org.uk/eastlondon/

merchantsthub@ageukeastlondon.org.uk

Mondays

9:45am - 3:15pm

Light Exercise

10:15am - 11:15am, **£1**

Lunch Group

12pm - 1pm, **£6**

*Homemade meals and great company.
Free dessert included. Please order in advance*

Tai Chi

1pm - 2pm, **£2**

Gentle guided movements to improve balance, flexibility and wellbeing

ELBA Digital Workshop

1pm - 3pm, **free**

Line Dancing

2:15pm - 3:15pm, **£2**

Wednesdays

9:45am - 4pm

Walking Group

10am - 12pm, **free**

Digital Drop-in

10am - 1pm, **free**

Weekly Coffee Morning

10am - 11:30am, **free**

Lunch Group

12pm - 1pm, **£6**

*Homemade meals and great company.
Free dessert included. Please order in advance*

Zumba

1pm - 2pm, **£2**

Arts & Crafts

2:30pm - 4pm, **£1**

Thursdays

9:45am - 4pm

Stroke Group (fortnightly)

10am - 12pm, **£2**

Support group for stroke survivors

Sewing & Alterations Club (fortnightly)

10am - 12pm, **free**

Join Angela to recycle much-loved clothes, make repairs and learn new sewing skills

Lunch Group

12pm - 1pm, **£6**

*Homemade meals and great company.
Free dessert included. Please order in advance*

Chair Exercise & Meditation

1pm - 2pm, **£1**

Name That Tune/Catchphrase

2-pm - 4pm, **free**

Join Marcus for an afternoon of fun and friendly competition. (These activities will alternate weekly)

Drop-in anytime and meet our friendly team. Tea and coffee available throughout the day



Other Regular Activities in Tower Hamlets

Online & other venues

Gawthorne Court, Mostyn Grove, E3 2DU

Thursdays:

Ekota Women's Group

10am - 12pm, **free**

Local Muslim women's group that learns and explores the Quran

Online via Zoom

Please ask a member of staff for meeting information

Tuesdays

Online Exercise

12:30am - 1:30pm, **free**

Fridays:

Virtual Tour

10:30am - 11:30am, **free**

Explore the rich traditions, cultures, and fascinating histories of each country we visit.

Wednesdays:

Playlist for Life

10am - 11am, **free**

Love music? Join us for a journey through the sounds you love

Wednesdays:

Reader Group

12pm - 1pm, **free**

Turn over for activities at the Merchant Street Hub, Tower Hamlets